I claim:

1. A method of forming a removable window insulator, comprising the steps of:

providing at least four frame members;

mitering each end of at least one of said at least four frame members;

inserting a compressible seal between the ends of two adjacent frame members before securing said two adjacent frame members to each other;

sealing at least one pane to an inside edge perimeter of said at least four frame members; and

applying a sealing strip to an outside edge of said at least four frame members.

2. The method of forming a removable window insulator of claim 1, further comprising the step of:

retaining at least one cross member within said inside edge perimeter of said at least four frame members.

3. The method of forming a removable window insulator of claim 2, further comprising the step of:

inserting a single said compressible seal between an end of one of said at least one cross member and one of said at least four frame members.

4. The method of forming a removable window insulator of claim3, further comprising the step of:

securing said end of one of said at least one cross member to one of said at least four frame members with a cross draw member.

5. The method of forming a removable window insulator of claim 1, further comprising the step of:

securing said two adjacent frame members to each other with a draw member.

6. The method of forming a removable window insulator of claim1, further comprising the steps of:

applying a top seal strip to a front peripheral edge of each one of said at least one pane; and

applying a bottom seal strip to a bottom peripheral edge of each one of said at least one pane.

- 7. The method of forming a removable window insulator of claim 1, further comprising the steps of:
 - at least one frame member being curved.
- 8. The method of forming a removable window insulator of claim
 1, further comprising the steps of:

adjusting at least one said draw member to fit said removable window insulator into a window frame.

9. A method of forming a removable window insulator, comprising the steps of:

providing at least four frame members;

mitering each end of at least one of said at least four frame members;

inserting a compressible seal between the ends of two adjacent frame members before securing said two adjacent frame members to each other with a draw member;

sealing at least one pane to an inside edge perimeter of said at least four frame members; and

applying a sealing strip to an outside edge of said at least four frame members.

10. The method of forming a removable window insulator of claim 9, further comprising the step of:

retaining at least one cross member within said inside edge perimeter of said at least four frame members.

11. The method of forming a removable window insulator of claim 10, further comprising the step of:

inserting a single compressible seal between an end of one of said at least one cross member and one of said at least four frame members.

12. The method of forming a removable window insulator of claim 11, further comprising the step of:

securing said end of one of said at least one cross member to one of said at least four frame members with a cross draw member.

13. The method of forming a removable window insulator of claim 9, further comprising the steps of:

applying a top seal strip to a front peripheral edge of each one of said at least one pane; and

applying a bottom seal strip to a bottom peripheral edge of each one of said at least one pane.

14. The method of forming a removable window insulator of claim 9, further comprising the steps of:

at least one frame member being curved.

15. The method of forming a removable window insulator of claim 9, further comprising the steps of:

adjusting at least one said draw member to fit said removable window insulator into a window frame.

16. A method of forming a removable window insulator for insertion into a window frame, comprising the steps of:

providing at least four frame members;

mitering each end of at least one of said at least four frame members;

inserting a compressible seal between the ends of two adjacent frame members before securing said two adjacent frame members to each other with a draw member;

sealing at least one pane to an inside edge perimeter of said at least four frame members;

applying a sealing strip to an outside edge of said at least four frame members; and

adjusting at least one said draw member to fit said removable window insulator into a window frame.

17. The method of forming a removable window insulator of claim 16, further comprising the step of:

retaining at least one cross member within said inside edge perimeter of said at least four frame members.

18. The method of forming a removable window insulator of claim 17, further comprising the step of:

inserting a single compressible seal between an end of one of said at least one cross member and one of said at least four frame members.

19. The method of forming a removable window insulator of claim 18, further comprising the step of:

securing said end of one of said at least one cross member to one of said at least four frame members with a cross draw member.

20. The method of forming a removable window insulator of claim 16, further comprising the steps of:

applying a top seal strip to a front peripheral edge of each one of said at least one pane; and

applying a bottom seal strip to a bottom peripheral edge of each one of said at least one pane.

21. The method of forming a removable window insulator of claim 16, further comprising the steps of:

at least one frame member being curved.